

## EMOTION AND PROBLEM FOCUSED COPING

### ?WHICH BUCKET?

#### GAME

##### Teacher Instructions:

You can vary the way you play this (e.g. you may want to introduce a time element to make it even more exciting!), but one way is:

Break class up into groups of about 4. Each group is given two buckets (they don't have to be buckets, they can be large yoghurt pots etc) one labelled PROBLEM FOCUSED COPING and the other EMOTION FOCUSED COPING. Each group is given a set of the 24 coping strategies cards.

**AIM of the game:** each group is to categorise each coping strategy as either 'emotion focused' or 'problem focused' by putting it in the appropriate bucket.

Go through each card and reach group consensus about which bucket it belongs in.

Record how many correct answers each group received.

Group with highest number of correct answers wins!



Review your  
workload

See a psychologist

Meditate

Have a bath

Apply for a new job

Go to the gym

Get organised

Eat

Ignore the problem  
and hope it goes  
away

Pray for guidance and  
strength

Keep yourself busy

Write a diary

Hope for a miracle

Gather new  
information

Sleep

Learn a new skill

Get a new pair of  
jeans

Go to a Yoga class

Watch a comedy DVD

Pretend it has not  
happened

Talk to a friend

Make a 'to do' list

Do some revision

Do your homework